COMMUNITY GROUP HOMEWORK

The week of Sunday, October 4th

***Last week's sermon & this homework can be found at gbcmt.org/sermons or on the GBC App*

Prayer and Praise:

As a group, praise the Lord for some of the ways that He has been working in and among the lives of your group members in the last couple of weeks.

After prayer, please continue praising God through song: *#426 – Victory in Jesus.*

Together in the Word:

1. Pastor Bryan began his sermon by discussing some Christians' tendencies to be pendulum people. Have you experienced any pendulum-like overcorrections in your Christian life?
2. Read Matthew 16:24-26. Should these verses be used in an evangelistic context? Why or why not?
3. Read 1 Timothy 4:7–11. How does one "exercise yourself toward godliness" (NKJV) or "discipline yourself for the purpose of godliness" (NASB)? Practically how does one do that?
4. How does a man or woman's effort and discipline relate to their ability to grow in godliness? How is God's grace involved? (See Phil 2:12-13)
5. Based upon verses 1 Timothy 4:7–8, how should a person prioritize spiritual training in relation to physical training?
6. According to v. 10, we are to "labor and strive" in our pursuit of spiritual training. Describe your personal spiritual training regime or the one you should soon adopt.

DISCIPLINE YOURSELF FOR GODLINESS

I Timothy 4:7-11

Series #16

The following are questions designed to facilitate greater learning and deeper understanding of spiritual truths presented in the sermon: **"Discipline Yourself for Godliness."** All of the questions are answered as the sermon is presented. We hope that it will be a catalyst to spiritual growth in your life.

1. One of our natural tendencies in life is to be what kind of people?
2. Have you seen a pendulum swing in your own Christian life?
3. Only what can give us the perfect combination of being shrewd as serpents and innocent as doves?
4. Who, besides the Lord Jesus, was a person in the Bible who was very careful to not swing the pendulum to an unbiblical extreme?
5. In the first part of chapter 4, Paul gives a scathing denunciation of what?
6. What did Paul call the ascetism teaching of the path to true spirituality is to deny marriage and eating certain foods?
7. Paul immediately follows his denunciation of ascetism with a recommendation of the importance of what?
8. You can't even become a Christian without a willingness to do what?
9. What is a very important word in Matthew 16:24?
10. Some say that Matthew 16:24 is not about what?
11. Was Jesus saying that Matthew 16:24 is for discipleship?

12. What three specifics are required by Jesus?
    a. We have to _____ ourselves
    b. We have to _____ to self
    c. We have to surrender to _____
13. What is our problem?

14. We come to Christ by doing what?

15. The Christian life involves the regular practice of doing what?

16. The disciples would have understood Jesus to mean what when He mentioned taking up the cross?

17. Taking up your cross meant walking the path toward a what?

18. According to Luke 9:23, how often do we take up our cross?

19. What is Paul saying when he says to "reject profane and old wives' fables"?

20. Is it common for older men, who are fishermen, to tell exaggerated stories about the fish that got away?

21. It is common for many older women to believe silly myths and fables, especially in what?

22. What are several examples to illustrate Paul's point?

23. Why is it wrong to assume that Paul was a chauvinist?

24. The term translated "train/discipline" refers to what kind of training?

25. In the Christian life, we have to train ourselves to say no to what?

26. Do you have the self-discipline to expose yourself to God's Word?

27. Does bodily discipline have any value?

28. How does the Greek text of verse 8 actually read?

29. Why is training for godliness of more value than physical training?

30. What is of utmost importance in the Christian life?

31. Do you have a plan for how to train yourself for godliness?

32. Why do we labor and strive toward godliness?

33. Do you truly long to be practically righteous, holy, and godly?

34. What is meant by, "…who is the Savior of all men, especially those who believe"?

35. The word "all" in 4:10 is clearly all and not what?

36. In what sense is God the savior of all?

37. God is the savior of all men in that He provides early benefits for all people and also in that He has not done what?

38. It is the job of the faithful shepherd to do what with these things?

39. Are you striving and laboring to discipline yourself to godliness?